



WELL^{AWARE}



December, 2009

Volume 1. Issue 9

Prescription News!

You may be able to save an average of \$240/year* on the prescription drugs you take on an ongoing basis. Use the *My Rx Choices*® prescription savings program to help lower your costs.

My Rx Choices, offered by Medco - your prescription drug benefit manager, provides you with lower-cost options, so you and your doctor can make the most informed decisions based on health and cost. *No prescription is ever changed without your doctor's approval.*

How Medco can help

A Prescription Benefit Specialist can walk you through some of your options to save on your prescription drugs or help you process a request for a personalized prescription savings report for you and your doctor to review.

- **Call 1-800-939-2142** Monday to Friday, 8:00 a.m. to 8:00 p.m., or Saturday, 9:00 a.m. to 6:00 p.m., Eastern Time.
- Please have your member ID number and the access code provided in the letter or a recent prescription readily available when you call.

Check out *My Rx Choices* online to compare your available options.

- Visit www.medco.com/choices.
- Enter your member ID number.
- When prompted for a recent prescription number, enter the access code provided in your letter.
- Choose the lower-cost options you'd like your doctor to consider.

In addition, there will be changes to the Preferred Prescriptions Member Guide effective January 1, 2010. A few notable medications that will no longer be included on Medco's Formulary and will be classified as Non-Formulary/Non-Preferred medications are **Ambien CR, Ortho Tri-Cyclen Lo, Cimzia, Activella 0.5 – 1 mg, and Retin-A Micro/Micro Pump**. Members taking any of these medications will receive a letter from Medco in December 2009, advising them of the change and providing suggestions for alternate medications. You must contact your doctor to obtain a new prescription, if you wish to change to one of the preferred or generic, lower cost alternatives. Updates to the list of preferred medications/formulary are placed on this website as received from Medco throughout the year.

Members should always present their Medco ID card when a prescription is filled. Local retail pharmacies designated as 90-day participating pharmacies fill prescriptions at the same co-pays as Medco-by-Mail. See the list of 90-day participating pharmacies at

http://ben.omb.delaware.gov/script/documents/medco/90day_in_delaware_072009.pdf.

Medco's Member Services is available every day except Thanksgiving and Christmas Day to assist you.



Safe Toys and Gifts Month

www.preventblindness.org

The right toy can build imagination and coordination, but the wrong toy can do more harm than good.

How do I select a toy?

Avoid toys that shoot or include parts that fly off. Slingshots and even water guns are dangerous because they invite children to target other kids. Your child's toys should be durable with no sharp edges or points.

How can I keep my child safe after buying a toy?

Explain how to use the toy. Repair or throw away damaged toys. Keep toys meant for older children away from younger ones. Don't let your child misuse toys in ways that could be dangerous.

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Contact DelaWELL

<http://www.delawell.delaware.gov>

1-800-556-6106

EMAIL: Employee.wellness@state.de.us

StayWell

<https://delaware.online.staywell.com>

1-800-926-5455

Contact Statewide Benefits Office

www.ben.omb.delaware.gov

1-800-489-8933 OR (302) 739-8331

Congratulations

October's Health Risk Assessment (HRA) prize basket winners:

Casey Tyndall – Justice of the Peace Court 3,
Georgetown

Tina Hession – PHRST Benefits,
Office of Management and Budget, Dover

DelaWELL University's Topic #1 prize basket winner:

Kimberly Johnson – Department of Labor,
Wilmington

VSP Eyecare Observance Article



National Family Health Month

Read [“All in the Family? A Primer on Genes and Vision Problems”](#)

Will your child need glasses? Genes can play a big role in vision problems, but they're not the only player. A pediatric eye care expert weighs in on the subject.

Safe Online Shopping with Motivano's SmartSavings Marketplace

Are you dreading heading to the mall and fighting the crowds to complete your holiday shopping? The Motivano SmartSavings Discount Marketplace brings together all the best offers and seasonal deals, right at your computer. Many merchants offer free shipping, so you can shop conveniently at no extra charge.

Haven't signed up for SmartSavings yet? Visit <https://smartsavings.motivano.com>. Contact your organization's Human Resources or Benefits Office for the Username and Password required to access this website. After log in, you will be prompted to create your own username and password. Need help finding a merchant call 1-866-851-5234 to speak to a LIVE person who can assist you.



TIME IS RUNNING OUT! MAKE HEALTHY EASY

TAKE YOUR HEALTH RISK ASSESSMENT

Eligible participants* only have through **December 31, 2009** to complete the Health Risk Assessment (HRA) and be entered into a monthly random prize drawing for their chance to win a **DelaWELL Prize Basket** of donated items, like a **FREE, 3-Month YMCA Family Membership** (generously donated by the YMCA of Delaware)!

Are you interested in losing weight, improving your nutritional habits, becoming more physically active and reducing your risk factors? Have you tried to make changes in the past, but lacked the motivation to stick with it? If your HRA shows you have a qualifying health risk (i.e. overweight, not getting enough physical activity, poor nutritional habits, etc.), you will be offered a **FREE Health Coach** to help you create a personalized plan and stick with it!

To access the HRA, go to <https://delaware.online.staywell.com>. Click **Register Now** and follow the on-screen instructions.

When you're finished, you'll get instant results, an action plan and valuable health information- all about you!

*All state, school district, charter school, higher education employees and non-Medicare eligible retirees, as well as spouses and dependents over the age of 18 who are covered under the State Group Health Insurance Program as of July 1, 2009.



Graduate to a higher level of health!

Topic #2: Controlling Stress Before It Controls You

To register for a **FREE** health seminar near you, visit www.delawell.delaware.gov and click on the **“Health Seminars”** link. *(Employees Only)*

National Drunk and Drugged Driving Month

Some signs of a driver who may be drunk include straddling lanes, driving with headlights off, erratic braking or stopping, slow response to traffic signals, weaving across the road, driving on the wrong side of the road or off the roadway and tailgating. Keep your distance, write down the license plate number and don't hesitate to dial 911—it could save lives.

Visit StayWell Online at <https://delaware.online.staywell.com> and type "alcohol" in the search box to learn more about alcohol and other drugs.

**Stay healthier this flu season
one handwash at a time...**

**National Handwashing Awareness Week
December 6 – 12, 2009**



Spread the word, not the germs!!

4 Principles of Hand Awareness

1. Wash your hands when they are dirty and **before** eating.
2. Do not cough into your hands.
3. Do not sneeze into your hands
4. Above all, do not put your fingers in your eyes, nose or mouth.

www.henrythehand.com

Pre-Tax Commuter Program

Full-time and permanent part-time employees may save state and federal taxes on expenses for parking at work, mass transit expenses incurred to get to work or vanpooling expenses incurred to get to work by enrolling in the Pre-Tax Commuter Program. Up to \$230 per month can be set aside for parking and up to \$230 per month for mass transit/van pool expenses. Van riders are enrolled automatically when they sign up via the State's Fleet Link Van Pool.

Detailed information and how to enroll is available at <http://ben.omb.delaware.gov/commuter/index.shtml>

Employee Assistance Program

Members of any non-Medicare health care plan are eligible to receive the services of the Employee Assistance Program (EAP). The EAP's provider, HMS, offers information, face-to-face assessments and confidential counseling services to members and their family members. A professional counselor is available to provide fast, confidential service at 1-800-343-2186. Information is available at <http://ben.omb.delaware.gov/eap/index.shtml>

Username: Delaware, **Password:** statehms04

Eligibility and Enrollment Rules

Chapter 5 of the Eligibility and Enrollment Rules addresses Cost of Coverage and Rule 5.13 (b) Reads "Employees whose Short Term Disability (STD) claims are in a pending status are entitled to receive State Share."

Effective November 1, 2009, in accordance with the approval of the State Employee Benefits Committee, this sentence was added, "If STD claim is denied, the employee is responsible for the State Share paid on his/her behalf while the claim was in a pending status." The employee remains entitled to State Share if the STD claim is pending, which is an acceptable practice for an employee who has filed a claim for a disability, which will extend beyond the 60-day elimination period. Additional language clarifies the employee is responsible for repayment of the State Share for the month(s) in which they were in an unpaid status if their STD claim is not approved and they do not return to work. This practice maintains the fiscal integrity of the Group Health Fund. This document can be viewed at http://ben.omb.delaware.gov/documents/eer_110109.pdf.

Flu Shot Information Flyers

Blue Cross Blue Shield of DE - http://ben.omb.delaware.gov/medical/bcbs/documents/flu_flyer_1009.pdf

Aetna - http://ben.omb.delaware.gov/medical/aetna/documents/flu_shot_flyer.pdf



Mediterranean Diced Salad

Ingredients

- (1) 19-ounce can of chickpeas (also called garbanzo beans)
- 1 red pepper
- 1 cucumber
- 2 stalks celery
- 1 cup halved grape tomatoes
- Juice of one large lemon, about 1/4 cup
- 1 tablespoon white vinegar
- 2 tablespoons olive oil
- 1/2 cup chopped fresh parsley

Directions

Drain and rinse chickpeas and put in a large mixing bowl. Core red pepper and dice into half-inch squares. Add to bowl. Peel and chop cucumber; slice celery lengthwise and chop. Add to bowl. Add halved grape tomatoes.

In a measuring cup or small bowl, whisk lemon juice, vinegar and olive oil. Pour over salad ingredients. Toss well to coat all ingredients. Add parsley and mix again. Refrigerate until ready to serve. Season to taste.

Serves six

Each serving contains about 142 calories, 4 grams protein, 6 grams fat, no cholesterol, 18 grams carbohydrate, 5 grams fiber, and 208 mg sodium.

For more great healthy recipes, visit StayWell Online at <https://delaware.online.staywell.com>

Eat This. Not That



Try This

Venti Starbucks Peppermint Cafe Au Lait
170 calories
5 g fat

Instead Of That

Venti Starbucks Peppermint White Chocolate Latte
660 calories
22 g fat

For those stopping off at Starbucks for a quick pick-me-up will leave with a meal's worth of calories under their belt when they order this dubious drink. The latte packs just 100 fewer calories than a Whopper with a blood-sugar spiking mix of whipped cream, chocolate syrup and high-fructose corn syrup. Instead, you can have a similarly great-tasting drink by ordering a low-cal cafe au lait and adding a few squirts of peppermint syrup.



E-mail the fitness guru with your question at employee.wellness@state.de.us for a possible posting in next month's issue.



The Fitness Guru Says...

Question of the Month: Winter vacation season is here. Do you have any tips on how to sustain an exercise routine while traveling?

Dear Employee,

Pack your bags. Get your ticket. But, don't forget to grab your exercise gear! Sure, your regular workout schedule might be thrown off when you go on vacation, but think of it as a chance to cross train your body. A change of routine adds variety to your fitness program and can enhance weight loss and pleasure from exercise. Think of exercise as a menu rather than a diet. Remember, each day of exercise improves your health.

Here are some ideas to include on your packing list: Comfortable walking shoes and swimwear (Even if you will not be near a pool or beach, you may have access to a hot tub or sauna), a jump rope for cardiac conditioning, exercise routine music and a personal music player, lightweight rubber tubing for upper and lower body-strength training, a hat and sunscreen for outdoor activities, a water bottle for drinking plenty of fluids to prevent dehydration and healthy snacks for calorie control.

Be sure to exercise while on your journey. Walk every one to two hours in order to keep your blood circulating and maintain a happy back and muscles. Bathroom breaks are a chance to stretch your legs and move them too! Jog in place. Then do a few squats or lunges. Road stops offer a chance to do one of your favorite stretches or jump rope for several minutes. Before your flight takes off, go for a quick 10 to 15 minute walk around the airport without making a pit stop at the munchie stand. When possible, choose stairs instead of escalators or elevators.

If you will be staying in a hotel, try to select a hotel with an exercise room. Some places may offer free or discounted use of area health clubs. Or, you can work out in your hotel room. Just push back the beds and find an aerobics class on the local TV or bring your favorite exercise video. For strength training in the room, try exercises that use your own body weight: dips, push-ups, squats, lunges, calf raises, abdominal crunches and leg raises.

All it takes is a little planning. Enjoy your vacation, but don't make it a holiday from exercise!

Stay Fit!

F.G. (a.k.a. Fitness Guru)

Ongoing Events:

- Yoga Dover is offering a **FREE community yoga class** to all state employees every Friday from 12:00-1:00p.m through December 18, 2009.
- Employees can visit http://yogadover.com/de_employee_yoga.htm to register!

ePay - view your payroll information online at <https://phrstrapd.spo.state.de.us/>.

ePay Announcements – view benefits news, WELLAWARE newsletters and more ... at <http://omb.delaware.gov/epay/announcement.shtml>.